



## CLIFFS OF MOHER - IRELAND

OCTOBER 2022

# Three Ways To Help Keep Kids Active

We know many of the habits that shape the health of our adult lives begin in childhood. Physical activity is important for a growing body as movement and weight bearing have a large impact on bone strength, muscle and tendon health. Here are some tips to make sure your child is staying as active as possible.

### 1. Find an activity that suits your child.

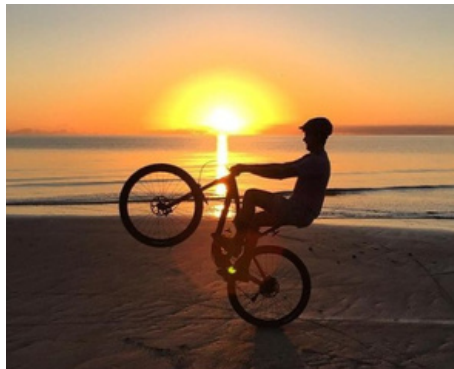
Children who are coordinated and excel in competition may find team sports both increase their self-esteem as well as keep them fit. For other children, being a part of a team can be uncomfortable.

Less competitive children may prefer a sport where success measured by improving on their own performance, rather than being compared to other children. Surfing, yoga, martial arts, dancing or gymnastics may be activities that suit your child if competitive and team sports cause them to be discouraged.

### 2. Do get injuries checked out by a professional and invest in proper rehabilitation.

While children do bounce back quickly from injuries, they also may have difficulty expressing pain and discomfort. A niggling pain that won't go away may cause your child to say "I don't like sport" rather than realising that they are in pain.

Some children may retain worries that they will hurt themselves again because of a previous injury and avoid exercise. Your physiotherapist can help to identify any issues that your child is having and help to resolve them.

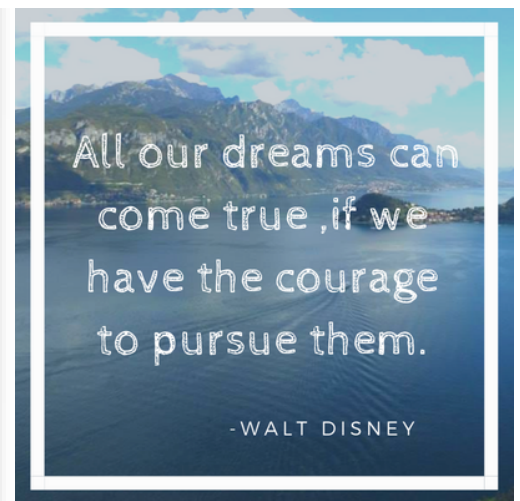


### 3. Set fun and challenging goals for them to complete during their daily routine.

As less children are walking and riding to school, try to find ways to fit extra activities into the day. Some fun examples include running a daily long jump competition in the back yard or adding a routine of age appropriate exercises, such as star jumps, hopping, balancing and running on the spot.

You can make these exercises part of the night or morning ritual, just like brushing your teeth.

**Talk to your physiotherapist for more tips on how to increase your child's activity levels. Finding an activity that matches your child's age level is key to keeping them engaged and active.**



# Brain Teaser

Guess the next three letters in the series GTNTL.

Find a 10-digit number where the first digit is how many zeros in the number, the second digit is how many 1s in the number etc. until the tenth digit which is how many 9s in the number.

# Hamstring Tears



Low back disorders can sometimes refer pain into the back of the thigh and be confused with a hamstring tear.

# Hip Pain and Labral Tears

## What is the labrum of the hip?

The labrum is a fibrous rim of cartilage that covers and seals your hip socket. This lining of cartilage provides stability for the thigh bone (femur) inside of the hip socket (acetabulum), while allowing flexibility.

## How do they happen?

Labral tears can occur from an injury such as a twist or slip, or from repetitive stresses. For example, athletes such as gymnasts and ballet dancers who have to repeatedly pivot or flex their hip are more likely to damage their labrum than those who do not.

Over time this repetitive impingement of the hip joint can cause the labrum to tear and damage to the labrum if not managed properly a torn labrum may even lead to early degenerative arthritis.

## What are the symptoms?

If you are experiencing pain in the front of your hip, along with clicking, locking or catching of your hip joint you may have a tear of the hip labrum. Prolonged sitting, standing, walking or pivoting can cause pain for someone with a labral tear and this may also cause a limp when walking. Other signs and symptoms include joint stiffness or a feeling of instability in your hip.

## How can Physiotherapy help?

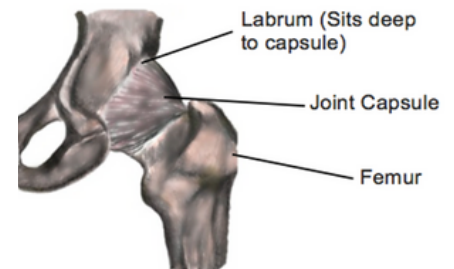
If your physiotherapist suspects a labral tear, they will perform a series of tests to rule out any other conditions. It can difficult to confirm a diagnosis of a labral tear in the clinics, however if it is suspected, a diagnosis can be confirmed with medical imaging.

Once a diagnosis has been confirmed, your physiotherapist will aim to reduce your symptoms and help you return to your pre-injury activity levels. Treatment may include a stretching and strengthening program.

They will also address any training errors or neuromuscular imbalances, movement re-education and a variety of manual techniques to help reduce pain.

Other treatments are available or may be used in conjunction to physiotherapy including pharmaceutical treatments, corticosteroid injection and arthroscopy the right treatment course is decided through consultation with your medical team and will be based on your goals for the future.

**None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.**



Answers: 1. A INS (In the series) 2. 6210001000

## Mango, Mint & Coconut Smoothie

### Ingredients:

- 2 Fresh Mangoes
- 3-4 Fresh Mint Leaves
- ½ Cup of Blueberries
- ¼ Shredded Coconut
- ½ Cup Natural Yoghurt
- 2 Tsp. Honey
- ½ Cup Milk or Ice



Remove the skin and seed of the mangoes and place them in a blender. Add mint, blueberries, honey, coconut and yoghurt and blend all ingredients together for 60 seconds.

Check the consistency of the smoothie and add either ice to thicken or milk to thin the mixture to your preference.

**Garnish with mint, and serves 2 people.**



**For Appointments Call**

**Sale / Heyfield:  
(03) 5144 6600**

**Maffra:  
(03) 5147 1259**

**Bairnsdale:  
(03) 5152 3422**

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